

-- PSYCHIC PROTECTION --

Beloved Adhyapya:

The work I am giving you is necessarily condensed. You will find it advantageous to copy off on a card the instructions for each ritual or formula with a few brief words as to its use and purpose. To this you can refer each time you use one of the contacts, or if you are filing the lessons, you can make a memorandum of the page and paragraph so you can easily refer to it. Practice each of them every week, taking one or more at a time, but if you follow one with another wait for at least ten minutes between and do not hold any thought of the other in mind as you take up a new one.

In dealing with the elementals or non-human entities, the Pentagram or Pentalapha is best, for it is a powerful weapon. This is the five-pointed star drawn in a particular way. Point the first and second fingers of the right hand, others folded into the palm with the thumb across or touching the nails or tips with it, and proceed to draw the Pentagram in the air, keeping the elbow stiff and swinging the arm full length.

Start with the right arm across the body, the hand about the level of the left hip, the extended fingers pointing outward and downward. Swing it upwards as if drawing a straight line upwards above the head at arms' length. Now sweep it downwards until the hand occupies a corresponding position on the right side that it did on the left side. You have now drawn a gigantic 'V' upside down. Next swing the hand across the body on a rising incline until it is stretched on a level with the left shoulder, pointing to the left. Bring it across the body horizontally until it is in the same position on the right, fingers pointing out. Now swing it downwards across the body until the hand has come back to the point by the left hip from which it started. This is an exceedingly potent sign. The value of the Five-pointed Star, the symbol of Humanity is known to every Occultist. As an illustration a member working with a friend, when he became suspicious that all was not well. He determined to watch and if his suspicions were confirmed, to cease the friendship. A few days later he was sitting in his Sanctum meditating when he became aware of an oval sphere of misty yellow light and readily perceived the subtle form of the friend. Sensing that the visit was none too congenial, he at once made use of the Pentagram saying 'By the Power of the Christ of God whom I serve, I command thee to depart.' Immediately the Presence in the room disappeared, shattering and vanishing as a loud crack was heard. Upon examination the panel of the door in front of which the form had been standing was found to be cracked from top to bottom.

When it is inconvenient to seal the room with the Magic Circle it will be found very useful to seal your own aura. Stand upright and cross yourself by touching with the two fingers as heretofore, first the forehead, the center breast, the right shoulder and the left shoulder, using the words of the old Monkish formula 'By the power of the Christ of God within me, whom I serve with all my heart and all my soul and all my strength.' Now extend your hands forward together as

far as they will reach at the level of the Solar Plexus, finger tips touching and then swing them around to the back and touch the finger tips behind you saying: 'I encompass myself about with the Divine Circle of His Protection across which no mortal error dares to set foot. This is very effectual but its potency lasts only about four hours.

There are other devices which are very useful not only in dealing with Psychic attacks but in any case of undue influence or domination. If, for instance; you have to talk to persons whose influence you find overwhelming, imagine that they are separated from you by a sheet of plate-glass. You can see them and hear them, but their magnetism cannot reach you. Visualize this sheet of glass until it appears to you to be absolutely tangible or real to you. If you have to associate with persons who distress you but do not have to actually talk to them, then imagine them as separated from you by a brick wall and say to yourself 'You just are not there, I can't hear you or see you, and you simply don't exist.'

When dealing with a person who 'saps your vitality' interlace your fingers and lay your folded hands upon your solar plexus, keeping the elbows against the sides and keep your feet touching each other. You have then contacted all your own terminals and made of your body a closed circuit. No magnetism will flow from you while you maintain this position. You will also note the other party will probably complain at your lack of sympathy regardless of how kindly you speak.

If at any time anyone tries to dominate you by gazing intently at your eyes, do not attempt to return gaze for gaze, for this only leads to a struggle, instead, look steadily at the spot just above the root of the nose between the inner ends of their eyebrows and then wait for the other to weary of his fruitless attempt for you will have the upper hand.

Now, going just another step further, you realize that Psychic trouble frequently arises from undesirable contacts being established. In order to understand the nature of the problem we must consider the whole subject of contacts or 'rapport'. I have already spoken of telepathic suggestion. Rapport might be considered as the passive aspect of that which telepathic suggestion is the positive aspect, it forms in fact the basic condition necessary for telepathic suggestion to take place. Two people who are in rapport might be described as Astral or you Twins. Altho the physical bodies are independent units the Astral Bodies are linked in such a manner that there is free circulation of Astral force between them. This fact explains many important occult phenomenon. It is the real Key to marriage, explains many facts in the relationship of Parents and Children and accounts for some important aspects of the relation of Teacher and Pupil. But not only is it possible for a rapport to be established between two individual but between an individual and group. This fact plays an important part in all Fraternities and Occult organizations and is the reason the individual promptly feels the contamination of his Group if it be an Occult one and becomes contaminated thru the work of those in charge. It is of course also possible to establish a rapport between a human being and other kingdoms of nature, with incarnate entities, superhuman beings, in fact with any form of life with which an individual can form a sympathetic understanding. There must

be some ground of sympathy as a basis for the formation of the rapport, but once formed it can be developed almost indefinitely. It is a somewhat curious fact that if a rapport is long continued the persons thus united come to resemble each other.

When two human beings are in rapport the less positive of the two tends to lose his individuality and becomes a pale reflection of the other. It is for this reason that the highly advanced Occultist of the Western Traditions does not take personal pupils as does the Eastern Guru for the Westerner values individuality and prefers to work by ritual thru a group of students. Because, while the letters personalize the work, the methods are a great deal more impersonal than the other way. But even so, the Individual members of the group undergo certain changes whereby they are tuned to the Group-soul, so that there be a common denominator which all possess.

In this fact, of course, lies much of the value of association with a worthy group. In it, equally, lies the detriment of association with an unworthy group. Let us consider what happens when a person of ordinary good character becomes associated with a group of degenerates in moral tone. He will either find himself at such sharp antagonism with the Group-Mind that he will have no option but to withdraw, or he will rapidly but unconsciously be tuned to the Key-note of his new associates. Without his being aware of the fact his Moral sense will have become blunted and he will accept as a matter of course that which he would originally have turned away from in disgust. The Rapport once established, other things beside the general-feeling Tone can be shared, ideas can be transferred from one mind to another, as in Telepathy, and in the same way vital Forces can be transmitted. It is this fact that is the explanation of certain types of Spiritual Healing. When the Etheric Vitality is being transmitted, it is necessary for the persons concerned to be within the immediate Magnetic Field of each other, but when Astral Force is in question, this is not necessary, the transmission is independent of space.

But we are not now considering the legitimate use of these Forces for healing or for teaching and developing Neophytes, so we will not consider its modus operandi along these lines. Enough has been said to show you in what way it works. Now, I want to take up a consideration of the practical methods of breaking such a rapport, if for any reason it is desired to discontinue its use.

The Astral vision, telepathically, appears as a Ray of Light, a Shining Cord, or some similar Thought-Form, because it is in this form that it is usually created by the person who is making the magnetic link.

But in dealing with a Thought-Form, always bear in mind that it is a product of the imagination, and it is in no sense self-existing. What the imagination has made the imagination can unmake. If the maker of a Thought-Form has thought it into existence by picturing it imaginatively, he can equally well think it out of existence by picturing it clearly and imagining it bursting into a thousand fragments and going up in flame, or dissolving into water, and being absorbed by the soil. That which is thought into existence by the imagination can be thought out of existence by the imagination.

In the Bonds of the Eternal Brotherhood.

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